

Food Rules

By Michael Pollan

Food Rules by Michael Pollan is an eater's manual illustrating 64 simple and entertaining rules to keep you out of trouble at the dinner table and in your current pant size (or smaller).

Here are 15 useful rules from Pollan's book.

1. Avoid food products containing ingredients that a third grader cannot pronounce.
2. Avoid foods you see advertised on television.
3. Eat only foods that will eventually rot.
4. It's not food if it arrived through the window of your car.
5. Eat mostly plants, especially leaves.
6. Eat animals that have themselves eaten well.
7. The whiter the bread, the sooner you'll be dead.
8. Have a glass of wine with dinner.
9. Stop eating before you're full.
10. Eat when you are hungry, not when you are bored. If you're not hungry enough to eat an apple, then you're not hungry.
11. Don't get your fuel from the same place your car does.
12. Do all your eating at a table.
13. Leave something on your plate.
14. Breakfast like a king, lunch like a prince, dinner like a pauper.
15. Break the rules once in a while. All things in moderation- *Including moderation.*